

2017-2018

# UAB Campus Recreation

POLICIES AND PROCEDURES  
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UAB | Campus Recreation 1501 University Blvd Birmingham AL 35294

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## Department Information

### Mission of Campus Recreation

The Department of Campus Recreation strives to enhance transformational learning and the quality of life for the UAB student body and community by providing diverse programs and an inclusive environment.

### Vision of Campus Recreation

An enhanced lifestyle of healthy living for the UAB community.

### Values

**Integrity:** Demonstrating a commitment to honesty, transparency and consistency by modeling and teaching ethical behavior through campus recreation programs and services.

**Collaboration:** Creating intentional partnerships for the shared purpose of supporting student success and achieving university goals.

**Student-Centered:** Placing student development and student success at the core of everything we do.

**Excellence:** We operate our programs and facilities at the highest level of safety, quality and customer service.

**Service:** Providing a service to all our participants and members by fulfilling their personal and fitness needs.

### Campus Recreation Directory

|                                    |              |
|------------------------------------|--------------|
| Campus Recreation Center           | 205.934.8224 |
| Membership Services Desk           | 205.996.5038 |
| Adventure Recreation Rental Center | 205.996.4913 |
| Reservations                       | 205.996.4938 |
| Intramural Weather Line            | 205.996.4884 |
| Athletic Training                  | 205.996.4885 |
| Fax Line                           | 205.996.4866 |

### Campus Recreation Center Hours

| Semester Hours    |                |
|-------------------|----------------|
| Monday – Thursday | 5:00a – 11:00p |
| Friday            | 5:00a – 9:00p  |
| Saturday          | 7:00a – 9:00p  |
| Sunday            | 9:00a – 9:00p  |

| Break Hours     |               |
|-----------------|---------------|
| Monday – Friday | 5:00a – 9:00p |
| Saturday        | 7:00a – 9:00p |
| Sunday          | 9:00a – 9:00p |

**Holiday Breaks:**

- Summer Recess
- Spring Break
- Winter Break
- Thanksgiving Break
- Christmas Eve
- New Year’s Eve
- Labor Day

**Annual Closures:**

- Thanksgiving
- Friday following Thanksgiving
- Christmas Day
- New Year’s Day
- Easter Day
- Independence Day
- Memorial Day
- Shutdown Week

## Facility Information

Campus Recreation Center Facts & Figures:

- Building Opening: May 1, 2005
- Square Footage: 152,275sf
- Building Cost: \$24,000,000

Amenities & Spaces:

*Lower Level*

- Natatorium (10,163sf)
  - Four Lap Lanes
  - 30 Seat Spa
  - Aqua Fit Classes
  - Zero Depth Entry & ADA Chair
  - Lazy River
  - Vortex
  - Water Basketball
- Wet Classroom
  - Tables
  - Chairs
- Outdoor Patio
  - Tables
  - Chairs
- Lounges
- Locker Room Facilities (M:3,103sf/ W: 3,649sf):
  - 102 Full Lockers (M)
  - 530 Half Lockers (M)
  - 80 Full Locker (W)
  - 512 Half Lockers (W)
  - Day Use Lockers
  - Saunas
  - 12 Showers (M/W)
  - Suitemate Spinners
- Family Locker Rooms (338sf)
  - Showers
  - Day Use Lockers
  - Changing Table

- Athletic Training Room 150 (913sf):
  - Mondo flooring
  - Athletic training services
- Fitness and Wellness Suite 190 (1,200sf):
  - Two massage rooms
  - Fitness assessment room
  - Registered dietician
  - Lobby/waiting area
- Room 192 (1,000sf):
  - Conference room
  - 10 tables
  - 30 chairs
  - Television
  - Podium
  - Laptop
- Studio V (1,039sf):
  - Performance Fitness Equipment
  - Personal Training Services
  - Group Fitness Classes
- Gaming Lounge (327sf):
  - PS4
  - Xbox one
  - Variety of video games
- Outdoor Pursuits (1,812sf):
  - Adventure Equipment Rental
  - Pre-Trip Meeting Location
  - Professional Staff Office
- Four Court Gym (24,106sf)
  - Robbins Maple Floor
  - Four High School Regulation Courts
  - Eight Wall Mounted Score Boards
  - Three Divider Curtains
  - Rolling Bleacher Seating
  - Lined For:
    - Basketball
    - Volleyball
    - Badminton

*Main Level*

- Administrative Office Suite (2,586sf):
  - Reception Space
  - Employee Clock-In
  - Conference Room
  - Professional & Graduate Offices
  - Student Workroom
- Welcome Desk (392sf):
  - Member Check-In
  - Equipment Issue
  - Lost & Found
  - Member Services
  - PowerZone/ProShop
- Lower Fitness (9,654sf):
  - Cardio, Free Weight & Plate Loaded Equipment
  - Stretching Spaces
  - *Iron Cave*
    - Heavy lifting equipment
- Center Court (7,965sf):
  - Mondo Flooring
  - Recessed Soccer Goals
  - Wall Mounted Scoreboard
  - One High School Regulation Basketball Court
  - Permanent Bleacher Seating
  - Lined For:
    - Basketball
    - Indoor Soccer
    - Volleyball
    - Badminton

## UAB Campus Recreation Policies and Procedures

- Racquet Sport Courts (4,000sf)
  - Five Total Courts
  - Class Back Walls
  - Four Wallyball Equipped Courts
  - One Retractable Squash Wall
- Game Room (2,941sf):
  - Two Billiard Tables
  - Three Table Tennis Tables
  - One Air Hockey Table
  - One Foosball Table
  - Couches/Chairs/Tables
  - Televisions
- EntrePrises Wall System
- Six Route Setup
- Upper Fitness (5,566sf):
  - Cardio, Free Weight & Plate Loaded Equipment
  - Stretching Spaces
  - Boxing Circuit
- Track (8,766sf):
  - 1/8 Mile
  - Four Lanes
  - Stretching Spaces
- Fitness Studios (9,312sf):
  - Floating Maple Floors
  - Group Fitness Classes
  - Informal Use Availability
  - Four Total Studios
  - 21 Cycle Bikes (Studio 3)

### *Mezzanine Level*

- Climbing Wall (42ft x 36ft):
- Bouldering Wall (15ft x 12ft):
  - EntrePrises Wall System
  - Natural elements

## Facility Rentals & Reservations

Campus Recreation spaces are scheduled internally and have the following priority of usage:

- Campus Recreation Programs (Adventure Recreation, Aquatics, Fitness, etc.)
- Student Organizations (Groups must be registered with Student Life)
- University Departments/Groups
- Non-University Groups

Reservations for the Campus Recreation Center, Campus Green or outdoor field space call (205.996.4938) and require the submission of a Facility Reservation Request form no less than two weeks in advance.

| Campus Recreation Center Facility Rental Rates (hourly) | Student Organizations | University Department | Non-University |
|---|-----------------------|-----------------------|----------------|
| Basketball Court (per court)                            | \$30.00               | \$45.00               | \$60.00        |
| Racquet Sport Court (per court)                         | \$10.00               | \$15.00               | \$20.00        |
| Game Room*  | \$20.00               | \$30.00               | \$40.00        |
| Center Court  | \$30.00               | \$45.00               | \$60.00        |
| Climbing Wall*  | \$50.00               | \$75.00               | \$100.00       |
| Outdoor Patio*  | \$30.00               | \$45.00               | \$60.00        |
| Lap Lanes (per lane)                                    | \$10.00               | \$15.00               | \$20.00        |
| Leisure Pool*   | \$50.00               | \$75.00               | \$100.00       |
| Fitness Studios (per studio)                            | \$20.00               | \$30.00               | \$40.00        |
| Meeting Room 150  | \$20.00               | \$30.00               | \$40.00        |
| Wet Classroom   | \$20.00               | \$30.00               | \$40.00        |
| Front Entrance Lobby*                                   | \$10.00               | \$15.00               | \$20.00        |
| West Campus Field*                                      | \$50.00               | \$50.00               | \$100.00       |

\* Denotes non-exclusive rental space. Space may be shared.

\*\* Campus Green may only be reserved by UAB groups or groups sponsored by UAB.



### *Special Event Pricing*

- |  |
|--|
| <p>\$75/hour - up to 30 people<br/>\$100/hour- 31-75 people</p> <ul style="list-style-type: none"><li>• 76-100 people - \$150 fee</li><li>• 101-150 people - \$200 fee</li><li>• 150-200 people- \$300 fee</li></ul> |
|--|

\*This pricing is applied to events such as graduation receptions, birthday parties, bridal shower, baby showers, and various other special events to be held on Courts 1-4, Center Court, or in our Aquatics Center. Prices include setup/breakdown, extra staffing, and cleaning. This pricing does not apply to the pool party package.

### **Tournaments**

- |                             |
|-----------------------------|
| <p>\$100/hour per Court</p> |
|-----------------------------|

\*This price includes extra staffing for setup/breakdown and cleaning.

### *Pool Rental Specifications*

- Up to 30 people\* - \$100/hour
- 31-50 people\* - \$150/hour

\*People are defined as swimmers, non-swimmers, chaperones, counselors, etc.

\*\*The maximum number of people is based upon the number of lifeguard stands stationed in the leisure pool area (does not include lap lanes) with a 25 patron to 1 lifeguard ratio.

### *Pool Parties*

The Aquatic Center at the UAB Recreation Center is available for member and non-member pool party rentals. Pool party packages consist of two hours exclusive use of Wet Classroom, non-exclusive use of Leisure Pool and lifeguard staffing. Price of \$240.00 includes 30 person maximum, additional participants will be charged a per person fee of \$8.00.

### *Group Entry*

For a group of 30 people or more, a discounted rate of \$8.00 per person will provide non-exclusive usage of all activity areas during normal operating hours. This includes basketball courts, racquetball courts, center court, the lobby, the pool, locker rooms, climbing wall and the game room. Proper arrangements must be made no less than two weeks prior to event.

### *Staffing*

Additional fees may apply depending on number of participants, hours and activity spaces.



## Membership Information

The UAB Campus Recreation Center offers a variety of membership options for members of the UAB Community.

|                      | 12-month contract |              | 3-month contract   |              | 1-month contract | Non-Prime    |
|----------------------|-------------------|--------------|--------------------|--------------|------------------|--------------|
| Category             | Full payment      | Monthly rate | Full payment       | Monthly rate | Full payment     | Full Payment |
| UAB employee         | \$360.00          | \$30.00      | \$120.00           | \$40.00      | \$50.00          | \$18.00      |
| Colleagues           | \$444.00          | \$37.00      | \$156.00           | \$47.00      | \$57.00          | N/A          |
| Alumni               | \$504.00          | \$42.00      | \$156.00           | \$52.00      | \$62.00          | N/A          |
| Recent Alumni        | \$360.00          | \$30.00      | \$120.00           | \$40.00      | \$50.00          | N/A          |
| Platinum             | \$780.00          | \$65.00      | N/A                | N/A          | N/A              | N/A          |
| Household            | \$264.00          | \$22.00      | \$96.00            | \$32.00      | \$42.00          | N/A          |
| Minor                | \$60.00           | \$5.00       | \$45.00            | \$15.00      | \$25.00          | N/A          |
| Off Semester Student | N/A               | N/A          | \$80.00 (semester) | \$40.00      | \$40.00          | N/A          |
| Retiree              | \$360.00          | \$30.00      | \$120.00           | \$40.00      | \$50.00          | N/A          |

## Membership Types

*UAB Employee:* UAB paid faculty or staff that works directly for a University or Hospital department.

*Colleague:* UAB affiliated staff member that works for one of our predetermined colleagues: SRI, Sodexo, CHS, Horizons, Cooper Green, VA, and First Transit.

*Alumni:* Anyone that has registered with the UAB Alumni Association and is a due paying member of the group or graduated from UAB.

*Recent Alumni:* A first semester graduate of UAB. This membership is not valid after 12 months of graduation.

*Household:* Anyone that resides in the same home, with proof of the same address as a current Campus Recreation member and is 19 years of age or older.

## UAB Campus Recreation Policies and Procedures

*Minor:* Anyone between 6 and 18 years of age that has a parent/guardian relationship with a current Campus Recreation member. Age restrictions may apply in specific areas.

*Off Semester Student:* A current student of UAB (has not graduated), taking no more than two consecutive semesters off before returning. \*Required to show last semester at UAB with list of scheduled classes completed prior to purchasing off semester membership. Can only purchase membership on a semester basis; expiration date will be applied.

*Retiree:* Former UAB Employees. This does not apply to Colleague Members; they must have been paid through the Oracle system.

*Non-Prime:* Available to UAB Faculty, Staff and colleagues on a month by month basis.

- Early Bird
  - 5 am – 8 am
  - 10 am – 1 pm
  - Unlimited weekends
- Night Owl
  - 8 am – 11 am
  - 8 pm – 11 pm
  - Unlimited weekends
  - Break hours 7 pm – 9 pm

### Membership Payments

Full Payment: One-time payment of fees, by cash, check, credit/debit card. Membership is not prorated, and will expire at the end of the last month of membership.

Payroll Deduction: For UAB employees only on a 12 month contract. First two months' fees are paid at time of joining, by cash, check, and credit/debit card. Membership fees are not prorated. Fees will be deducted starting in the second month for the third month's membership fee (pays for the month ahead) and will recur until ended by the member submitting a cancellation form to Member Services.

Credit/Debit Card Drafting: First months' fee is paid at time of joining, by cash, check, and credit/debit card. Membership fees are not prorated. Fees will be automatically drafted between the 2nd and the 4th monthly from the member's VISA, MC, AMEX or Discover starting for the second month's membership fee (pays for the month of). This draft will recur until ended by the member submitting a cancellation form to Member Services.

### *Canceling a Membership*

If you have fulfilled your initial 3- or 12-month contract and you wish to cancel your membership a Cancellation Form will need to be completed and submitted to Member Services. Request processing will begin once all fees/balances have been paid. Please keep in mind that memberships are not prorated, and Campus Recreation requires a 45 day notice prior to the 1st of the month in which you would like the membership terminated. *For example, if you plan to terminate your membership on September 1, you need to return this form before July 15.*

All memberships are non-refundable and non-transferable; however, extended freeze options (up to six months) are available at your request for extreme circumstances (listed below). It is our desire to continually offer the best opportunities for your fitness and recreational enjoyment, and we welcome the opportunity to better serve you.

Cancelled or suspended memberships can be granted for the following requests:

1. Member(s) becomes physically disabled, and is unable to physically continue exercise for an extended period of time or permanently; (i.e. severe accident, extended hospital stay, death, etc.)
2. Member(s) is transferred by an Armed Forces military branch; (i.e. National Guard, Reserves, Active Duty assignment, etc.)
3. Member(s) moves from Birmingham area or leaves UAB; (i.e. reaches non-employment status, retires, is terminated, resigns, medical disability, etc.)

## Member Rights & Responsibilities

*As a member, guest or participant of a UAB Campus Recreation program, facility or service our department strives to be world class in all areas:*

- Facilities will be clean, safe and offer a wide array of offerings for all users.
- Programs will be diverse in planning and execution; ensuring all participants have an outlet for recreational interests and needs.
- Services will be top notch in all aspects. From customer service to wellness services, our members will have the opportunity to have a pleasant and healthy experience.
- Equipment will be safe, operational and up-to-date.

*Members, guests and participants have the responsibility:*

- To follow the guidelines set forth by Campus Recreation Staff in this manual, on posted signage or verbally.
- Respect fellow members, guests and participants in all programs or informal recreation.
- Take responsibility for personal security by locking belongings while participating.

## Entry Policy

Members must present a current UAB One Card or Campus Recreation issued Key Fob. Lost Key Fobs will be reissued for a fee of \$5. Members will be required to have photo on file before gaining access to the facility.

Members whom have forgotten their ID may be required to sign in with Member Services before being granted access to the facility. A verification form will be required before access will be granted.

It is against the policy of both the University and Campus Recreation for an individual to utilize a card that is not their own. Participants found attempting to utilize other person's card will be suspended until he/she has met with the Assistant Director of Facility Operations and the person's card will be confiscated.

## Guests Passes

Single day guest passes are not available to the general public. All guests must be accompanied and sponsored by a current UAB Campus Recreation Center member. Guest passes must be purchased by an adult member for up to three guests per day. Sponsoring members are responsible for the actions of their guests for the duration of the visit.

Multi use (5) guest passes are available for \$40 and must be accompanied by a sponsor. Check in at Member Services.

Members of the UAB Community (faculty/staff) are eligible to self-sponsor guest passes by presenting their One Card to Member Services and paying the current guest pass rate.

## Membership Suspension

Campus Recreation Staff reserve the right to suspend the use of facilities or involvement in programs of participants that refuse to follow policy, deem a threat to themselves or others, and treat staff in a disrespectful manner. Penalty severity and length of suspension will be determined on a case by case basis.

Campus Recreation Student Staff also reserve the right to refuse entry or discontinued use of the facility or involvement of programs if the member has become unruly or refuses to follow policy.

## Assumption of Risk

Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries; the Department of Campus Recreation at the University of Alabama at Birmingham has facilities for and provides for activities such as weightlifting, running, aerobic activities, classes and sporting activities. Some of these involve strenuous exertions of strength

using various muscle groups, some involve quick movements involving speed and change of direction, and others involve sustained physical activity, which places stress on the cardiovascular system. The specific risks vary from one activity to another, but the risks range from minor injuries such as scratches, bruises, and sprains to major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to catastrophic injuries including paralysis and death.

## Photography

Participants in Campus Recreation informal and programmed recreation have the right to privacy. Campus Recreation Staff approval and member permission must be granted before photography of members or guests can occur. Campus Recreation reserves the right to photograph participants for marketing materials.

## Electronic Devices

Cell phones, tablets and other devices may be used throughout the facility, however are prohibited in the locker rooms. These areas are not conducive to photo taking capable devices.

It is recommended that all electronic devices be put on silent during programmed classes.

## Solicitation

Solicitation is prohibited both inside and outside of the Campus Recreation Center. Groups/Individuals wishing to fundraise, table or communicate with members must make proper arrangements and complete a Facility Reservation Request Form before doing so.

Guests found soliciting members as a sponsor will not be granted access to the Campus Recreation Center. Guests must be accompanied by a member and the sponsoring member will be held responsible for the guest.

## Area Age Restrictions

<1 – 5 years of age: No membership required. Must be accompanied by a parent/guardian at all times. Not permitted in any fitness area or spa at any time.

6 – 15 years of age: Membership required. Permitted into most areas of the Campus Recreation Center with direct parent/guardian supervision. Not permitted in any fitness area at any time.

16 – 18 years of age: Membership required. Permitted into all areas of the Campus Recreation Center with indirect parent/guardian supervision.

*Direct Supervision: In the immediate area as the child.*

*In-direct Supervision: In the facility.*

## Facility & Membership Amenities

### Towel Service

Shower and face towels are available to all members, free of charge at the Welcome Desk. Members may borrow no more than two towels at a time and must return them after use. Towel return bins are located in the following locations:

- Men's Locker Room
- Women's Locker Room
- Welcome Desk Towel Drop

Towels found on equipment Gym Valets and in fitness studios are for equipment cleaning only. It is not recommended or permitted that members use these towels for personal use.

### Locker Service

#### Day Use Lockers

Day Use Lockers are offered on a first come, first serve basis at no charge. Members are encouraged to take advantage of this complimentary service while utilizing the Recreation Center. Locks may be placed on a locker throughout the day, but must be removed before the facility closes each night. Locks left on after close will be cut and items put in lost and found until pick-up (see lost and found policies). Locks for Day Use Lockers may be brought in or purchased from the Pro Shop.

Day Use Lockers are located in the following locations:

- Lower level fitness center
- Fitness studio corridor
- All gender locker rooms
- Men's locker room
- Women's locker room



### Long-term Lockers

Long-term lockers may be rented on an annual basis from Member Services. Lockers are available in full and half lockers. Locker prices are as follows:

Long-term lockers may be rented on a 3-month or 12-month term and can be purchase at any time at the Member Services desk. For instance, if you rent a locker on a 12-month term on May 5, 2016, your locker will expire on May 31, 2017. If you rent a locker on a 3-month term on August 1, 2016, it will expire on November 30, 2016. All lockers will expire at the end of designated month.

| Size        | Twelve Month: | Three Month: |
|-------------|---------------|--------------|
| Full Locker | \$72          | \$30         |
| Half Locker | \$60          | \$25         |

Members are able to renew lockers with a notification slip or email provided to them by Membership Services. These notifications will be distributed during the month of locker expiration.

Lockers that are not renewed will be cleaned out and the contents will be kept for one month. You can retrieve your bag at the Welcome Desk by going to Membership Services and stating your name and locker number. If items are not claimed within this time period, they will be donated to charity.

Due to the high popularity for Full Lockers, members might be placed on a waiting list. When a Full Locker becomes available, the Member Services staff will offer the available locker to members on the waiting list first in chronological order. Members who are currently renting a Half Locker can also be placed on the waiting list. The upgrade fee is \$12 for a 12-month term; and \$5 for a 3-month term.

UAB Campus Recreation is not responsible for any lost or stolen items.

### Parking

All Employees who park in UAB facilities with access cards will be granted privileges to the 9th Avenue deck on their parking access card through the UAB parking and transportation department.

All UAB Campus Rec Members and Guests may park in the Public Parking Lot 5A located across University Boulevard from the UAB Campus Recreation Center. Campus Recreation will validate a parking ticket for all UAB Employees and Non-Student Members (includes: Alumni, Recent Alumni, Retirees, and Household Members) up to 2 hours at the Welcome Desk. Costs for hours beyond those first two hours will be the responsibility of the member to pay when exiting the parking lot. All UAB Campus Recreation Center non-member guests, guests of all external rentals (such as Pool Parties and Birthday Parties), program participants, and students are responsible for their parking fees.

## KidZone

Campus Recreation staffs an area that is open to children 5-12 years of age for \$10.00 per month or \$5.00 per visit. This space is available to children of our members during the following hours:

Monday- Friday: 5 pm - 8 pm

Saturday: 10 am - 2 pm

Sunday: 12 pm - 3 pm

Members utilizing this service must remain in the facility at all times. Children may not be left in the facility without the parent also being on premises.

## Program Information

### Adventure Recreation

Adventure Recreation trips, instructional classes, teambuilding opportunities and outdoor gear rental are all available for both members and non-members. Opportunities and rates are available in the Adventure Recreation Rental Center.

### Aquatics & Safety

Campus Recreation offers group and private swim lessons as well as safety certifications for both current members and non-members.

### Competitive Sports

Intramurals and Club Sports both provide an opportunity for all levels of participants. Students, Faculty and Staff are welcome.

### Fitness & Wellness

Program opportunities range from free UFit classes to advanced premium classes for a fee. Class types include cycling, yoga, strength, etc. Campus Recreation also offers wellness services, including massage therapy, personal training, and customized programming and health assessments.

### Youth Programs

Campus Recreation offers youth programs including day camps, swim lessons, and summer camps.

### Registering for a program

Participants can register for most programs via phone, in person or online. Some program offerings require in person pre-program meetings.

### Program Cancellation & Refunds

- Program fees are refundable up to two weeks prior to event.
- Some exclusions may apply. See area specific policies.
- Fees are non-transferable from member to member.
- Campus Recreation reserves the right to cancel, postpone or change instructors to provide optimum service for our patrons. In the event Campus Recreation cancels any program a full refund will be issued.

**Service Cancellations & Refunds** (Massage, Personal Training, Premium Classes, Studio V, Private Swim Lessons)

## UAB Campus Recreation Policies and Procedures

- Service fees are non-refundable and non-transferable from member to member.
- All services purchased must be used within a 12 month period from date of purchase. Any sessions that were not used during the 12 month period will be rendered and the member must purchase a new service package if they wish to continue.
- There are no refunds for those members who become injured, ill, or unable to use the remainder of their purchased sessions. Cancellation of a service must be done 24 hours in advance of the scheduled appointment to be eligible for a rescheduled appointment. Otherwise the service will be considered rendered.
- If a patron arrives late for an appointment, the service will not be rescheduled or extended.
- If Campus Recreation cancels or interrupts an appointment, the patron may reschedule for another time within one calendar year.

## Campus Recreation Policies

1. The Campus Recreation Center is a controlled access facility. Only authorized members, with proper identification, will be permitted through controlled entrances. Participants may be denied access if identification is not presented.
2. No animals are permitted in the facility except licensed guide/medical dogs.
3. Responsibility for general supervision of the Campus Recreation Center rests with Campus Recreation Staff. Harassment or disregard of requests by the Campus Recreation Staff may result in immediate ejection from the facility and may result in additional disciplinary action.
4. Fighting and/or Profanity is prohibited.
5. Firearms are prohibited.
6. Smoking, smokeless tobacco, electronic cigarettes, alcoholic beverages and/or illegal drugs is not permitted in any area supervised by Campus.
7. Pants or shorts with embellishments are prohibited on pads of the fitness equipment. Shirts that cover midriff are required to be worn in all non-aquatic activity areas. Only appropriate swim attire is permitted in the pool and spa. Scrubs are not permitted to be worn while working out. Clothing that sends profane, inflammatory or bigoted messages is also prohibited.
8. Only closed-toe, full back, athletic shoes with non-marking soles are required in all fitness activity space during active participation.
9. The use of skateboards/rollerblades is prohibited both in the Campus Recreation Center and on the ramp outside. Rollerblades and skates are permitted in Center Court.
10. Bicycles are prohibited inside the Campus Recreation Center and are not to be ridden on the ramp outside of the facility. Bikes must be secured outdoors on the bicycle racks provided, not chained, leaned or secured to hand railings or the facility in anyway. If found, bike may be removed.
11. Personal belongings, gym bags, backpacks, etc. are not permitted in hallways, lobbies, behind basketball hoops or activity areas. Lockers and cubbies are available for storage of all items. Campus Recreation is not responsible for lost, stolen or damaged items.
12. Non-Campus Recreation announcements, fliers, posters, etc. are not permitted in the facility. All announcements are available through digital signage.
13. Use of electronic devices with recording capabilities is strictly prohibited in locker rooms due to member privacy.
14. Spitting in the drinking fountains, common areas, activity areas such as the track, courts, etc. is prohibited.

## UAB Campus Recreation Policies and Procedures

15. Only water in a non-breakable, re-sealable container is permitted in the activity areas unless approved by Campus Recreation Staff.
16. Food, beverages, protein shakes, supplements etc. must be consumed on the non-member side of the Welcome Desk.
17. Lost and found items can be claimed at the Welcome Desk. Items not claimed within 30 days will be donated to charity.
18. All injuries should be reported immediately to a Campus Recreation Staff member. If a blood-related injury occurs, the injured person must stop activity immediately and notify Campus Recreation staff.
19. Hover boards are prohibited inside the facility.
20. Campus Recreation Staff has the right to prohibit any outside fitness equipment.

## Aquatic Center & Patio

### Lap & Leisure Pool

1. All participants are required to shower using water and soap before entering the pool.
2. Participants may not enter the pool deck without a certified lifeguard on duty.
3. Participants with open wounds and or infectious diseases are prohibited from using the pool.
4. The pool may be cleared of participants during severe weather.
5. Appropriate swimming attire (swimsuit) must be worn. Gym shorts, cut-off shorts, sports bras, thongs etc. are prohibited. A clean t-shirt may be worn to cover the upper body, if desired.
6. Non toilet trained children must wear swim diapers.
7. Participants under the age of 16 must be directly supervised by guardian. Guardian must be on the pool deck, wet classroom, pool lobby or in the water. Excluding programming.
8. Gum, food, and glass containers are prohibited in or around the pool.
9. Spitting, spouting water, and blowing nose in the water is prohibited.
10. Participants are prohibited from hanging on the lane lines.
11. Conducting group or private swim lessons without the consent of Campus Recreation is prohibited.
12. Campus Recreation kickboards, pull buoys, flippers, dumbbells, etc. are for adult exercise only. Limited personal flotation devices are available.
13. When requested, lap swimmers will share lanes or circle swim in a counter-clockwise direction.
14. Diving, running on the decks, and horseplay in or around the pool is prohibited.
15. At the discretion of the lifeguard, diving rings, noodles and balls may be used in the leisure pool but not in the vortex. All toys and floating devices are prohibited in the spa, lap and vortex areas.
16. Vortex capacity is six people.
17. Climbing on or jumping over wall dividers is prohibited.

## Spa

1. All participants are required to shower using water and soap before entering the spa.
2. Participants may not enter the spa without a certified lifeguard on duty.
3. Pregnant women, elderly persons and/or persons with known medical problems should not enter the spa without prior medical consultation and permission from their doctor.
4. Participants with open wounds and or infectious diseases are prohibited from using the pools.
5. The spa may be cleared of participants during severe weather.
6. Appropriate swimming attire (swimsuit) must be worn. Gym shorts, cut-off shorts, sports bras, thongs etc. are prohibited. A clean t-shirt may be worn to cover the upper body, if desired.
7. Children 5 years of age and under are not permitted in the spa.
8. Chewing gum, food, and glass containers are prohibited in or around pools.
9. Spitting, spouting water, and blowing the nose in the water is prohibited.
10. For your safety, limit use of spa to 15 minutes at one time.
11. Submersion of face/mouth is prohibited for health and safety purposes.
12. Children under the age of 16 must have direct adult supervision. Spa use is limited to two children per adult.
13. Toys and flotation devices are prohibited in the spa.
14. Spa capacity is 30 people.



## Patio

1. Entrance and exit to the patio is through the facility, not through the outside gates.
2. Doors to the Aquatic Center must remain closed at all times unless patrons are entering or exiting the patio.
3. Showers are required before returning to the pool from the patio area.
4. Clean and throw away any trash from your area before leaving.
5. Do not sit or lean on tables.
6. Smoking, smokeless tobacco, electronic cigarettes, alcoholic beverages and/or illegal drugs is not permitted in or on the grounds of the Campus Recreation Center.
7. No Frisbees, balls, horseplay, running, pets, skateboarding, rollerblades, etc.
8. Headphones must be worn to listen to music. No boom boxes or speakers unless authorized by Campus Recreation staff.
9. Climbing the patio fence is strictly prohibited.

## Center Court

1. Court space is lined for basketball, volleyball, soccer and badminton.
2. Campus Recreation programs take priority over informal recreation. Informal scheduled events are posted at Center Court.
3. Clean, non-marking athletic shoes are required. Any shoe that marks the court surface is prohibited.
4. Shirts are required in all activity areas of the facility. Shirts vs. skins games are prohibited.
5. Inappropriate/vulgar language and behavior is not permitted.
6. The use of tape or other marking materials is prohibited on the surface or walls of the courts, unless permission granted by Campus Recreation Staff.
7. Hanging on the rims or nets is prohibited due to the risk of injury and potential damage to the equipment.
8. Softballs and baseballs are prohibited unless there is a scheduled event that would require the use of those items with prior approval by Campus Recreation Staff.
9. Challenge rules will apply when teams are waiting to play a particular sport.
10. Priority scheduling governs facility usage.

## Challenge Rules - Basketball

1. Eight players are required to begin a full-court game.
2. Games are played to 15 straight points. Two point baskets will count as 1 point, 3 point baskets will count as 2 points.
3. Players are required to sign up to play pickup games. A person will not be able to hand pick an entire team. There will be a sign up area for players wishing to play full court basketball. The first five people on the list will be the ones to play. Players that are currently involved in a game can't sign up until their game has concluded.
4. Teams cannot play any more than 3 consecutive games without signing up on the pickup board again.

## Challenge Rules – Indoor Soccer

1. Ten players are required to begin a full-court game.
2. Full-court games will be limited to games to 5 goals or 15 minutes, whichever occurs first. Ties will be broken by sudden death. Next goal would win the game.
3. Players are required to sign up to play pickup games. A person will not be able to hand pick an entire team. There will be a sign up area for players wishing to play full court soccer. The first 6 people on the list will be the next players to play. Players that are currently involved in a game cannot sign up until their game has concluded.
4. Teams cannot play any more than 3 consecutive games without signing up on the pickup board again.

## Four Court Gymnasium

1. Wood courts are lined for basketball, badminton and volleyball.
2. Clean, non-marking athletic shoes are required. Any shoe that marks the court surface is prohibited. Shoes are required at all times.
3. Shirts are required in all activity areas of the facility. Shirts vs. skins games are prohibited.
4. Inappropriate/vulgar language and behavior is not permitted.
5. The use of tape or other marking materials is prohibited on the surface or walls of the courts, unless permission granted by Campus Recreation Staff.
6. Hanging on the rims or nets is prohibited due to the risk of injury and potential damage to the equipment.
7. Footballs, softballs and baseballs are prohibited unless there is a scheduled event that would require the use of those items with prior approval by Campus Recreation Staff.
8. Items may not be placed behind the basketball hoops.
9. Challenge rules will apply when teams are waiting to play a particular sport.
10. Priority scheduling governs facility usage.
11. Only cloth jump ropes will be permitted on wood floor.

## Challenge Rules - Basketball

1. Eight players are required to begin a full-court game.
2. Games are played to 15 straight points. Two point baskets will count as 1 point, 3 point baskets will count as 2 points.
3. Players are required to sign up to play pickup games. A person will not be able to hand pick an entire team. There will be a sign up area for players wishing to play full court basketball. The first five people on the list will be the ones to play. Players that are currently involved in a game can't sign up until their game has concluded.
4. Teams cannot play any more than 3 consecutive games without signing up on the pickup board again.

## Climbing and Bouldering Wall

1. Climbers MUST pass the appropriate belay or lead climbing clinic and test before they can belay or lead climb. Anyone that passes the clinic will be issued a belay card and they must display this card every time they want to belay or lead climb when at the wall.
2. All non-roped climbers (bouldering) may climb up to but not past the 12 foot line. No climbing or bouldering above or below another person. A climber is considered above the twelve foot line when the crown of their head passes the line.
3. Belaying may only be performed using a climbing harness and a belay device or munter hitch (no body belays for primary belay). Barefoot belaying is prohibited.
4. Campus Recreation's climbing ropes, carabiners, harnesses, belay devices, and other climbing equipment are recommended for use on the climbing wall. Campus Recreation reserves the right to reject outside equipment deemed unsafe (items not under the direct care of Campus Recreation).
5. Climbers must tie in using the figure eight follow through or directly clipping to the belay loop with a locking carabiner and figure eight on a bight. The use of a bowline, bowline on a bight, or other knots is prohibited for critical links in climbing applications.
6. Avoid climbing routes that interfere with others already on the climbing wall. The right-of-way is given to the climber on the wall (if someone is bouldering, they have the right of way in front of someone trying to top rope/lead climb above them).
7. Down climbing bouldering problems is strongly encouraged. Climbing over the wall structure (this means above the top anchors) is prohibited.
8. Use of chalk is limited to chalk balls. Loose chalk is not permitted as primary chalk.
9. Tie hair back when necessary. All rings and jewelry should be removed prior to climbing. Campus Recreation is not responsible for any damage to jewelry or injury to the climber for failing to remove jewelry or securing loose hair/clothing.
10. No one under the age of 19 may participate without a signed minor waiver. All climbers must read and sign the assumption of risk for the climbing wall prior to climbing. The assumption of risk is valid for up to 3 years.
11. Campus Recreation reserves the right to suspend the privileges of anyone who refuses to climb in a safe and responsible manner concurrent with the rules and regulations stated above.

## Fitness Center

1. Participants must be 16 years of age or older to utilize the Fitness Center.
2. Pants or shorts with embellishments are prohibited on pads of the fitness equipment. Shirts that cover midriff are required to be worn. Scrubs are not permitted to be worn while working out. Clothing that sends profane, inflammatory or bigoted messages is also prohibited.
3. Only closed-toe, full back, athletic shoes with non-marking soles are required in all fitness activity space during active participation.
4. Water is permitted in non-breakable, closed containers only. Food, protein shakes or any other flavored/colored drinks are prohibited.
5. Please follow all safety precautions posted on fitness equipment.
6. Fitness Center equipment must remain in the Fitness Center. Participants are prohibited from removing equipment and using it in other areas of the Campus Recreation Center.
7. Participants are required to wipe off equipment after each use. Please spray cleaning solution onto cleaning towel and not directly onto equipment.
8. Limit use of cardiovascular equipment to 30 minutes if others are waiting.
9. Participants are required to re-rack all weights and return equipment to its appropriate location after use.
10. Collars are recommended on all free bar lifts.
11. Weights must be controlled at all times. Slamming or dropping of weights is prohibited.
12. Improper use of equipment is prohibited. Improper use consists of but is not limited to standing on equipment, standing on weights, stacking weights under equipment and top loading equipment.
13. Weights are not to be leaned against walls, columns, other equipment or mirrors.
14. The use of chalk is prohibited.
15. Participants not familiar with the operation of the fitness equipment can ask for assistance from trained Campus Recreation Staff.
16. Personal trainers are available through Campus Recreation. Outside personal training is strictly prohibited.
17. Immediately report any weight room related injury or facility/equipment irregularity to Campus Recreation Staff.

18. Feet must stay on the ground at all times during weight training, this includes Olympic style lifts.

*Iron Cave*

1. Lifting must take place in the designated lifting areas.
2. Uncontrolled dropping of the weights from above knees is prohibited.
3. Use of lifting chalk is strictly prohibited.
4. <Insert shoes policy here>
5. *Tyrs*, sled, sand bags, core bags, and slam balls must remain on turf flooring.
6. Bumper plates should only be used in deadlifting areas and must be re-racked to designated racks.

## Fitness Studios

### Studios 1-4

1. Water is permitted in unbreakable, closed containers only and is to be placed on the provided benches or in the provided cubbies, as to not be in direct contact with the wood flooring.
2. Equipment that is stored in the fitness storage areas between the Fitness Studios is for use only during scheduled group fitness classes or programs. Participants are prohibited from removing equipment from the Fitness Studios and using it in other areas of the Campus Recreation Center.
3. Participants are required to disinfect and replace all fitness equipment in its appropriate storage location after each class.
4. Only cloth jump ropes are permitted.
5. Conducting unapproved group fitness classes without the consent of Campus Recreation is prohibited.
6. The use of tape or other marking materials is prohibited on the wood flooring of the Fitness Studios.
7. The sound system and equipment is available for use only during scheduled group fitness classes in the Fitness Studios by properly trained fitness instructors.
8. Proper workout attire is required for participation in classes in the Fitness Studios. Workout attire consists of: workout pants/shorts, full T-shirt or tank top, and closed-toe athletic shoes. The following attire is prohibited: jeans, cargo pants/shorts, scrubs and any open-toe footwear. Bare feet are appropriate only for classes that specify this need, including Pilates, Yoga, and Martial Arts.
9. Clean, non-marking fitness shoes are encouraged to be carried to class and put on in the hallway outside of the Fitness Studios.
10. Studio blinds must remain in the raised and opened position at all times. Only during rentals or programs may the blinds be closed by Campus Recreation Staff.
11. Cycling shoes may only be worn in Studio 3 when participating in a cycling class.

### Studio V

1. Studio usage is restricted only to participants supervised during personal training or fitness classes. No unsupervised use of this space will be permitted.
2. Equipment is not to be taken in or out of this space.
3. Water is permitted in non-glass, closed containers only.
4. Participants are encouraged to bring a sweat towel and water bottle to each session/class.



## Game Room

1. All games are first-come, first-serve. Limit playing time to 60 minutes if others are waiting.
2. All forms of gambling are prohibited.
3. Report all problems to Campus Recreation Staff.
4. Equipment accessories not housed in the Game Room can be checked out at the Welcome Desk.
5. All equipment checked out from the Welcome Desk must be returned at the conclusion of play. Guests may not check out equipment.
6. Leaning or sitting on gaming tables is prohibited.
7. Inappropriate/vulgar language and behavior is not permitted.
8. Footwear is required at all times.
9. Water is permitted in non-glass, closed containers only. Protein shakes or any other flavored/colored drinks are prohibited unless authorized by Campus Recreation.
10. Ordering of any additional television programming is prohibited.

## Locker Room & Sauna

1. Bathing suit dryer is for bathing suits only. Not workout clothes or towels.
2. Cell phone use of any kind is strictly prohibited.
3. Pregnant women, elderly persons and/or persons with known medical problems should not enter the sauna without prior medical consultation and permission from their doctor.
4. Participants must be 16 years of age or older to use the sauna.
5. It is recommended that due to high temperatures, sauna use should be limited to 15 minutes.
6. Sleeping in the sauna is prohibited.
7. Individuals must wear a bathing suit or be covered by a full length towel while using the sauna.
8. Individuals must shower before using sauna.
9. Shower after using sauna if entering pool.
10. Do not leave newspapers, magazines, or paper products in sauna.
11. Do not pour liquids on the heating element, may cause fire or injury.
12. Tampering with any equipment is prohibited.
13. Children are not permitted in the locker room of the opposite gender. Family Changing Rooms are available for child/parent needs.

## Racquet Sport Courts

1. Clean, non-marking athletic shoes are required. Any shoe that marks the court surface is prohibited.
2. The use of tape or other marking materials is prohibited on the surface or walls of the courts.
3. Participants are required to wear a shirt/top at all times.
4. Racquet frame must have protective guard.
5. Reservations may be made at the Welcome Desk or online and can be made the day of or 24 hours in advance of desired reservation. A 30 minute advance reservation time is required if court is occupied.
6. If participants are not on the court within 10 minutes of reserved time, reserved court time will be forfeited.
7. The Wallyball nets must be set-up and taken down by Campus Recreation Staff.
8. Soccer balls, baseballs, softballs, footballs, etc. are prohibited in courts.
9. Eye protection is highly encouraged during all sports.
10. The use of racquet wrist strap when playing racquetball/squash is encouraged.
11. No more than four participants on the court at one time for racquetball/squash/handball; no more than eight for Wallyball.

## Track

1. Track is 1/8 of a mile on inner two lanes.
2. Non-marking, closed toe, full back footwear required. Any shoe that marks the floor surface is prohibited.
3. Participants are required to wear a shirt/top at all times.
4. Run/Walk directional arrows change daily and must be followed.
5. The two inside lanes are designated for walkers and the two outside lanes are designated for runners.
6. Give right of way to passing runners/walkers.
7. The use of tape or other marking materials is prohibited on the surface or walls of the track.
8. Stretching is allowed in designated area only. Do not stretch on track or use walls, railings, or door handles as stretching aids.
9. Participants are not permitted to spit on the floors, walls or in the water fountains.
10. Use of fitness equipment must be contained to stretching area. No equipment permitted on track lanes.
11. Spectating lower level or blocking of the track lanes is prohibited.

### Meeting Room 192

1. Food and drink are prohibited with the exception of water unless permission is given by Campus Recreation.
2. Rearrangement of tables and chairs may only be done by Campus Recreation Staff.
3. Campus Recreation Staff have final authority on policies and procedures.
4. All facility rental policies must be followed.
5. Unauthorized use of Campus Recreation equipment is prohibited.
6. Doors will remain closed and locked when space is not reserved.

### Wet Classroom

1. Campus Recreation programs and rentals take priority over informal use.
2. Do not sit or lean on window ledges or glass walls.
3. Rearrangement or removal of tables and chairs may only be done by Campus Recreation Staff.
4. Personal music may only be played through headphones.
5. Be cognizant of volume levels while in space.
6. Campus Recreation Staff have final authority on policies and procedures.

### Athletic Training

1. All patients must sign in.
2. No one is allowed in the Athletic Training Room without supervision of an Athletic Training Staff member or a Campus Recreation employee.
3. No patient may administer, or make adjustments to his/her own electrical treatment.
4. Supplies will not be taken from the Athletic Training Room without permission; examples are tape, equipment, towels, bottles, etc.

## UAB Campus Recreation Policies and Procedures

5. This facility is co-ed at all times. Appropriate dress is required. A minimum of shirt and shorts should be worn at all times during evaluations and treatments unless otherwise specifically directed by an Athletic Training staff member.
6. The Athletic Training Staff reserves the right to have athletes shower before receiving treatment.
7. No shoes on the treatment tables. No cleats or turf shoes.
8. Profanity is prohibited and horseplay will not be tolerated.
9. Please no food or drink in the Athletic Training Room and the use of any form of tobacco is prohibited.
10. Personal items should be left in the locker room. The Athletic Training staff is not responsible for lost or stolen articles.
11. To protect student-athlete healthcare information the use of cell phones for photography is not allowed (snapchat, Instagram, pictures, etc.)